

SYLLABUS
PART I
EDISON COMMUNITY COLLEGE
ECE 130S NUTRITION IN EARLY CHILDHOOD
1 CREDIT HOUR

COURSE DESCRIPTION

Basic concepts of nutrition and health issues with emphasis on nutritional needs of young children and planning and implementing good nutrition programs for young children. Observation and participation in a childcare center is required. Recommended preparation: ECE 115S. Lab fee.

COURSE GOALS

The student will:

| Bloom's Level | | Program Outcomes |
|---------------|---|------------------|
| 2 | 1. Explain provider responsibilities in nutrition and feeding. | 13 |
| 1 | 2. Identify nutritional guidelines and the food pyramid. | 24 |
| 2 | 3. Explain how developmental stages affect feeding. | 1 |
| 1 | 4. Identify various ways to work with and include families. | 5, 6 |
| 4 | 5. Analyze Ohio Department of Job and Family Services licensing requirements for programs. | 24 |
| 1 | 6. Identify the causes and explain prevention strategies of foodborne illnesses. | 3 |
| 1 | 7. Identify methods of safe and sanitary food preparation. | 3 |
| 5 | 8. Plan and implement nutrition education/cooking activities for young children. | 12 |
| 2 | 9. Explain how food is related to the cultural, social, economic, and psychological aspects of nutrition in young children, and families. | 2 |

CORE VALUES

The Core Values are a set of principles which guide in creating educational programs and environments at Edison. They include communication, ethics, critical thinking, human diversity, inquiry/respect for learning, and interpersonal skills/teamwork. The goals, objectives, and activities in this course will introduce/reinforce these Core Values whenever appropriate

TOPIC OUTLINE

1. Nutrition and the Young Child
2. Nutritional Guidelines
3. Food Pyramid
4. Ohio Department of Human Services Licensing Rules
5. Nutrients Necessary for Growth and Activity
6. Feeding the Infant
7. Feeding the Toddler and Preschool Child
8. Working with Families
9. Special Feeding Concerns – Children with Special Needs
10. Planning and Serving Nutritious Meals
11. Nutrition Education and Cooking with Young Children

12. Cultural, Social, Economical, Psychological, and Physiological Aspects of Nutrition in Young Children and Families.